

12 Aquatics

PATTERSON PARK POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	8-11a.m.	N/A
Anchor Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks & Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-4:45 p.m. / 7-8:45p.m.**	10a.m.-12:45p.m. / 2-8:45p.m.**	10a.m.-12:45p.m. / 2-6:30 p.m.**	1-4:30p.m.	1-4:30p.m.
Aqua Zumba	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Pool Rentals	N/A	N/A	7-9p.m. Pool closes @ 6:30p.m.	11-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 16)	4:45-7p.m.	N/A	N/A	8-11a.m.	N/A

* During swim lessons there is no Rec Play until swim lessons are complete. During the aerobics time (5:30 – 6:30), all play features will be turned off.

**The pool will be cleared for cleanup 15 minutes prior to the rental end time.



Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Aqua Zumba

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Squeaks n' Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.



SPORTS*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday, & Friday	Tuesday & Thursday	Saturday	Sunday
*Lap Swim	6-8a.m./11a.m.-1p.m./ 3-6p.m. (1 lane)	6-8a.m./11a.m.-1p.m./ 3-6p.m. (1 lane)	8a.m.-12p.m.	N/A
Shallow H2O	8-9a.m./6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O	10-11a.m.	9-10a.m./4:30-5:30p.m./6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Water Polo		7-8:45p.m (Tuesdays only)		
Rec Pool Play & Open Swim	3-6p.m./7-8:45p.m.	7-8:45p.m	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	12-1Pool Party 5-7p.m. Private Rental	5-7p.m. Private Rental
Swim Academy (see page 16)	N/A	4-6p.m.	9-11a.m.	N/A

*Shallow water only available for Open Swim during scheduled H2O Polo times.

** Certain areas of the pool may be reserved for swim lessons.

Shallow H2O Exercise

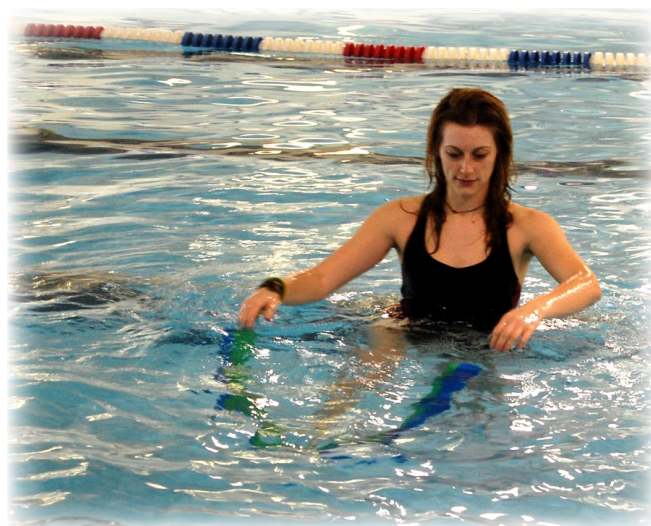
A moderate-to-high cardio workout, with abdominal and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!



Toning

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength, workout on abs, upper and lower body! Stay after the 4:30-5:30 p.m. class, or come early for the 6:00-7:00 p.m. class.